

## 2<sup>nd</sup> Annual Oregon Arts Education Congress Teambuilding Activity

### Title of Activity

Row Your Boat Dance for Arts Today!

### Facilitator Name

Kasandra Gruener

### Introduction: 2 -3 sentence overview of activity

This activity is a whole body song and dance to learn each other's name and move us toward a lighthearted spirit of working together. Using the well-known tune *Row Row Row Your Boat* participants will sing and dance to new words to the song that includes each of their names and gestures reflecting their personal work for the arts. The "dance" is simple repetition of various "rowing" moves that are determined by the group. All abilities can accomplish this!

**Ideal group size for this activity:** 10

**Age Range/Appropriateness:** Upper elementary- onward and upward

### 1-3 Learning Outcomes *What will participants gain from the activity?*

1. Learn the names of the people in their group- allows for deeper connection
2. Provides a chance for all to play and see themselves as dancers and singers in a non-judgmental forum.
3. Provides a chance to create something together that becomes unique within the "container" of something that is commonly known.

### Materials needed: *if any*

A large sheet of paper and 10 copies of the song. (KG will provide this)  
Space around a table is ok, or free space is excellent.

### Procedure:

1. Gather in a circle. "Say your name around the circle"
  2. Fill the names into the slots of the song (pre-written on large sheet)
  3. Sing the song!
  4. Practice "rowing"- ask for different ways to row so we can be inventive, select one with good dynamic stroke
  5. Sing the song whilst "rowing"
- If time to expand:
6. Ask the group to identify their personal "what you do to bring arts to education or what their arts passion is"
  7. Create a single gesture that represents this- don't dwell—make it quick!
  8. Sing the song, rowing along, but this time add in the gesture—Each person does their gesture when their name comes up in the song and then joins back into the rowing with the group.
  9. Laugh!

**Opportunities to expand/follow-up questions:** *if any*

- ~If you have time you can learn each other's gesture and do that in sequence.
- ~You could do the whole thing in silence with just the rowing and the gestures.
- ~Play with the elements of composition- do it as a round, do it slow motion, do it slow then fast etc with a conductor leading, do it in certain formations or traveling around the room, do it all spread apart from one another, etc, etc.

**Notes from the facilitator:** *pitfalls to avoid, things to think about, lessons learned, etc. if any*

- ~GO slow at first with the song and names—speed will come.
- ~Be willing to move people around for the names to “rhyme” better for the song or even change the words if it seems more fun.
- ~The point is to learn about each other and set up camaraderie—not to create a perfect dance-practice being gentle with yourself.